



SwimRVA Wellness

Collegiate School Aquatics Center

5050 Ridgedale Parkway, N. Chesterfield, VA 23234

804-271-8271 [www.swimrichmond.org](http://www.swimrichmond.org)

## SEPTEMBER LAND CLASSES

### MONDAY

8:00- 8:45A FUNK AEROBICS- LAWRENCE CR  
9:00- 9:45A BANDS- ROSE WR  
9:00- 9:45A CHAIR YOGA- LINDA\* CR  
10:00-10:45A CORE BLAST-KIMI CR  
11:00-11:45A YOGA - KIMI CR  
12:15- 1:00P CLASSIC CHAIR-ROSE \* CR  
7:00- 7:45P BOOT CAMP- LAWRENCE CR

### TUESDAY

8:15- 9:00A TAI CHI- KAREN \* CR  
9:15-10:00A ZUMBA GOLD-ROSE CR  
10:00-10:45A POWER PUMP-LAWRENCE WR  
10:00-10:45A INTERMEDIATE LINE DANCING-PAULINE CR  
11:15-12:00P CLASSIC CHAIR-ROSE \* CR  
12:15- 1:00P CARDIO-ROSE \* CR  
7:00- 7:45P CARDIO KICKBOXING-LAWRENCE CR

### WEDNESDAY

8:00- 8:45A PILATES- LAWRENCE CR  
9:00- 9:45A BANDS- TARA WR  
10:00-10:45A CORE BLAST-TARA CR  
11:00-12:00P YOGA- TARA CR  
7:00- 7:45P POWER PUMP- LAWRENCE WR

### THURSDAY

9:15-10:00A ZUMBA GOLD-ROSE CR  
10:00-10:45A POWER PUMP-LAWRENCE WR  
10:00-10:45A BEGINNER LINE DANCING -PAULINE CR  
11:00-11:45A CLASSIC CHAIR-ROSE\* CR  
7:00- 8:00P RUNNING UNIVERSITY PILATES-  
LAWRENCE CR

### FRIDAY

8:00- 8:45A STRETCHING-LAWRENCE CR  
9:00- 9:45A TAI CHI- KAREN \* CR  
9:00- 9:45A BANDS- ROSE WR  
10:00-10:45A FUNK AEROBICS-LAWRENCE CR  
11:15-12:00P CLASSIC CHAIR-ROSE \* CR  
12:15- 1:00P CARDIO-ROSE \* CR

Wednesday afternoon AF & More is  
back on the schedule at 12:45pm!

**SILVER SNEAKER/LOW IMPACT\***  
**AF- ARTHRITIS FOUNDATION**  
**CR-COMMUNITY ROOM**  
**DW- DEEP WATER**  
**PD-POOL DECK**  
**WR- WEIGHT ROOM**

## SEPTEMBER WATER CLASSES

### MONDAY

7:00- 7:45A AQUACISE- LAWRENCE  
8:00- 8:45A AF & MORE-JUDY\*  
8:45- 9:30A SILVER SPLASH-LAWRENCE  
10:00-10:45A AQUA BOOT CAMP- LAWRENCE DW  
11:00-11:45A AQUACISE-LAWRENCE DW  
6:00- 6:45P AQUA BOOT CAMP- ROSE DW  
7:00- 7:45P H2O FIT- ROSE

### TUESDAY

6:00- 6:45A RUNNING UNIVERSITY-AQUA  
RUNNING- RENEE DW  
6:45- 7:30A RUNNING UNIVERSITY-AQUA  
RUNNING- RENEE DW  
7:00- 7:45A AQUACISE-LAWRENCE  
8:00- 8:45A AF & MORE-JANE \*  
8:45- 9:30A H2O FIT-JANE  
9:00- 9:45A FINNING-LAWRENCE DW  
12:00- 1:00P AQUA 30/30- LAWRENCE SW/DW  
6:00- 7:00P RUNNING UNIVERSITY AQUA  
RUNNING- ROSE DW

### WEDNESDAY

7:00- 7:45A AQUACISE- LAWRENCE  
8:00 - 8:45A AF & MORE-JANE \*  
8:45- 9:30A AQUACISE-LAWRENCE  
9:00- 9:45A AQUA FUN- JANE DW  
10:00-10:45A AQUA BODY BLAST-LAWRENCE DW  
11:00-11:45A AQUACISE- LAWRENCE DW  
12:45- 1:30P AF & MORE- JUDY  
6:00- 6:45P ZERO IMPACT- ROSE DW  
7:00- 7:45P AQUACISE- ROSE

### THURSDAY

6:00- 6:45A RUNNING UNIVERSITY AQUA  
RUNNING-RENEE DW  
6:45- 7:30A RUNNING UNIVERSITY AQUA  
RUNNING-RENEE DW  
7:00- 7:45A AQUACISE- LAWRENCE  
8:00- 8:45A AF & MORE-JANE\*  
8:45- 9:30A H2O FIT-JANE  
9:00- 9:45A FINNING-LAWRENCE DW  
9:45-10:30A AQUA FUN-JANE DW  
12:00- 1:00P AQUA 30/30- LAWRENCE SW/DW  
6:00- 7:00P RUNNING UNIVERSITY AQUA  
RUNNING- ROSE DW

### FRIDAY

7:00- 7:45A AQUACISE-LAWRENCE  
8:00- 8:45A AF & MORE-JUDY \*  
8:45- 9:30A AQUACISE- LAWRENCE  
10:00-10:45A AQUA BODY BLAST- ROSE DW  
11:00-11:45A AQUACISE-LAWRENCE DW

## WEEKEND POP-UP CLASSES!

Saturday, September 7: AQUA ZUMBA (SW) - 11:30AM-12:15PM  
Saturday, September 14: AQUA ZUMBA (SW) - 11:30AM-12:15PM  
Saturday, September 21: AQUA ZUMBA (SW) - 11:30AM-12:15PM  
Saturday, September 28: AQUA ZUMBA (SW) - 11:30AM-12:15PM  
Sunday, September 29: AQUACISE DW- 12:30PM-1:15PM

## ZONES

**Zone 1-** You are able to have a conversation with someone

**Zone 2-** A little harder to have a conversation

**Zone 3-** You are working hard and breathing hard

**Zone 4-** Extremely hard, you are never at this intensity for more than 20 seconds at a time

The class descriptions below list the maximum zone for each class. It does not mean you will be in this zone all class.

### WATER CLASS DESCRIPTIONS

**Arthritis Foundation (AF) & More-** Shallow water exercise program proven to help you live better with arthritis. Suitable for every fitness level. Reduce pain and stiffness while increasing strength, flexibility and endurance. Zone = 1

**Aqua 30/30-** A medium to intense class similar to Aquacise that will start in the shallow water for 30 minutes and then move over to the deep water for 30 minutes (or reversed). A great class for those that want to transition over to the Deep Water. Zone = 3

**Aqua Body Blast-** Challenging deep water whole body workout to help improve strength, definition and endurance. Zone = 4

**Aqua Boot Camp-** High intensity deep water class that is designed to challenge any age and fitness level! Offers both cardio and toning components while using a variety of equipment. Zone = 4

**Aquacise-** A low to medium impact shallow water class promoting joint flexibility, range of motion and agility while building cardiovascular endurance and muscular strength. Zone = 3 \* \* T h i s c l a s s i s a l s o p e r f o r m e d i n t h e D e e p W a t e r \* \*

**Aquacise Extreme-** 30 minutes of challenging nonstop cardio and strength training bound to make you sweat! Zone = 4

**Aqua Fun-** Introductory deep water class. Great muscular strength, endurance, and cardiovascular workout. Zone = 2

**Aqua Running-** Deep water class for all levels consisting of running motions and training to help build muscle strength and endurance. Great for runners or those just looking for an excellent cardiovascular and strengthening workout. Zone = 4

**Aqua Zumba-** Perfect for those looking to make a splash by adding a low-impact, high-energy aquatic exercise to their fitness routine. This class will help sculpt and tone your body! Zone = 3

**Finning-** High energy, very aerobic class in the deep water using flippers for extra resistance. Zone = 3

**H2O Fit-** Great class to increase joint range of motion while increasing cardiovascular health and muscular strength. Targets a wide range of levels including the beginner and the pre & post natal mom. Zone = 3

**Silver Splash-** Shallow water class, lots of fun and will improve agility, flexibility and cardiovascular endurance. Zone = 3

**Zero Impact-** Intermediate to advanced deep water workout to improve muscular strength and endurance. Zone = 3

### LAND CLASS DESCRIPTIONS

**Bands-** Resistance bands workout for strength training without joint compression. Great core workout while strengthening legs and upper body. Zone = 3

**Beginner Line Dancing-** Lots of energy, fun, great music, learn all classic line dances. Zone = 1

**Boot Camp-** Challenging class that uses body weight exercises, weights, and the bands on the wall to tone muscle while also working on cardiovascular fitness. Improves strength and flexibility as well as reduces risk for injury.

**Cardio-** Standing circuit workout for cardiovascular and muscular endurance power boost. Upper-body strength work with hand-held weights, elastic tubing with handles, and a Silver Sneakers ball is alternated with low-impact aerobic choreography. Chair used for standing support, stretching and relaxation exercises. Zone = 2

**Cardio Kickboxing -** A high energy, explosive, exciting and motivating workout. It's the non-contact kickboxing workout that blends elements of boxing, martial arts, and traditional aerobics into a 45 minute exercise routine. This class will increase your strength and flexibility while burning fat. Open to all levels of fitness. Zone = 4

**Chair Yoga-** Great class to receive the incredible benefits of Yoga-balance, strengthening, flexibility, & relaxation, but while using a chair instead of a mat on the floor. Zone = 1

**Classic Chair-** Move to the music for muscular strength, range of movement and activities for daily living. Hand held weights, elastic tubing with handles and a Silver Sneakers ball for resistance. Chairs available for seated or standing support. Zone = 1

**Core Blast-** Focus on core strength, balance, and flexibility by performing abdominal and back exercises standing up and on floor mats. Zone = 3

**Funk Aerobics-** Great strength and aerobic workout while having fun listening to awesome music. Zone= 3

**Intermediate Line Dancing-** Advance your fun line dancing routine with quicker and more challenging footwork. Zone = 2

**Pilates-** Improve physical strength, flexibility, and posture, and enhance mental awareness. Zone = 2

**Power Pump-** Total body strength workout including flexibility and balance exercises. Increase range of motion, strength and overall functionality in daily activities. Supports a healthy metabolism and reduces age-related muscle and bone loss. Zone = 3

**Stretching-** Calming class designed to focus on an active recovery and to relax those muscles you work so hard. Zone = 1

**Tai Chi-** A series of gentle movements performed in a slow, focused manner embracing your mind, body, and spirit. Zone = 1

**Yoga-** A series of gentle poses that improves flexibility, strengthens the immune system, tones muscles and promotes relaxation. Revitalize and calm the mind and body. Zone = 1

**Zumba Gold-** Perfect for active older adults who are looking for a modified Zumba class that recreates the original moves you love at a lower-intensity. Class focuses on all elements of fitness: cardiovascular, muscular conditioning, flexibility and balance! Zone = 3

## Month at a Glance for September 2019

1. We will discuss getting enough sleep throughout the month. Stay tuned for daily facts in your classes!
2. Have you set up your FREE wellness consultation with our Wellness Manager? Renee would love the opportunity to sit down with you and go over your fitness goals and help you find the best fitness classes for your wellness success! See our Front Desk staff to schedule your appointment today!
3. Remember to check the pool schedule for pool availability for lap lanes and family swim time.

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### September 2019

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1 Facility Open 12-5pm	2 Facility Closed Labor Day	3	4	5	6	7 Facility Open 10am-5pm Aqua Zumba @ 11:30am
8 Facility Open 12-5pm	9	10	11	12	13	14 Facility Open 10am-5pm Aqua Zumba @ 11:30am
15 Facility Open 12-5pm	16	17	18	19	20	21 Facility Open 10am-5pm Aqua Zumba @ 11:30am
22 Facility Open 12-5pm	23	24	25	26	27 Coffee & Community 8am-12pm Lobby	28 Facility Open 10am-5pm Aqua Zumba @ 11:30am
29 Facility Open 12-5pm Aquacise DW @ 12:30pm	30	Oct 1	Oct 2	Oct 3	Oct 4	Oct 5 Facility Closed 757 Meet